



# NEWS RELEASE

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## Make your military health benefit work for you

If you are new to the European theater or have recently had a change in your family—such as a move or a new baby—take the time to make sure your military health benefit is up to date. Here are four simple steps you can take right now to ensure easy access to health care when you need it.

### Verify Eligibility

The first thing to do is make sure the Defense Enrollment Eligibility Reporting System, better known as DEERS, has complete and current information about you and your family. DEERS is used to determine your eligibility for TRICARE, so it is essential to keep this information up to date. For more information about how and when to update DEERS, go to [www.tricare.osd.mil/deers/](http://www.tricare.osd.mil/deers/) or contact your local TRICARE Service Center at **(EDITOR'S NOTE: Check your local phone directory or go to [www.europe.tricare.osd.mil/benefit/tsclist.asp](http://www.europe.tricare.osd.mil/benefit/tsclist.asp) to find this local phone number).**

### Check Your Coverage

Your TRICARE Service Center can also verify that you and your family members are enrolled in the TRICARE program that best meets your needs. For most active-duty families, TRICARE Prime is the best option, since it provides priority access to the military treatment facility and low costs. However, if you are willing to pay extra for the freedom to choose your host-nation provider, TRICARE Standard may be for you.

You should also check to see that you have the dental coverage you need. Military dental facilities provide care to family members on a space-available basis, so for many families, the TRICARE Dental Program is an excellent option. For a small monthly premium of \$10.51 for one family member and \$26.27 for multiple family members, the program offers coverage for a wide variety of dental care, including limited coverage for orthodontics and dental implants. For details, go to [www.tricare dentalprogram.com](http://www.tricare dentalprogram.com).

### Know How to Get Care

It's important that you and your family members know what to do when you need care. Post the following numbers on or near your telephones at home:

- On-Base Emergency: INSERT NUMBER HERE
- Off-Base Emergency: INSERT NUMBER HERE
- Nearest 24/7 Emergency Room: INSERT NUMBER HERE
- Routine Care Appointments: INSERT NUMBER HERE
- Nurse Advice Line (talk to a registered nurse, 24/7): INSERT NUMBER HERE

**(EDITOR'S NOTE: Check your local phone directory or contact your TRICARE Service Center for the above numbers)**

If you are planning to travel in Europe or to the States, you should contact your local TRICARE Service Center first for important information about getting care while traveling.

### Get Help When You Need It

Your first stop for most questions about your military health benefit is your local TRICARE Service Center. The staff can help you update your enrollment, file claims for host-nation care and more. If you or a family member is admitted to a host-nation hospital, they can also connect you with a Patient Liaison, who can help bridge the language and culture barriers you may encounter.

For general information about your local military treatment facility, call **(EDITOR'S NOTE: Check your local phone directory)** or go online to **(EDITOR'S NOTE: Delete if not applicable).**

For information about TRICARE in Europe, go to [www.europe.tricare.osd.mil](http://www.europe.tricare.osd.mil).

To get general TRICARE information, such as what is and is not covered, visit [www.tricare.osd.mil](http://www.tricare.osd.mil).